



Prepared by the Brookline Department of Public Health

# Brookline Fitness Directory



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This publication was originally compiled in conjunction with Brookline 300 and as part of National Public Health Week 2005. The goal of this publication is to inform Brookline residents of physical activity, sports, and fitness programs offered in Brookline.

Information complete as of August 2008. Submit any updates to [Lynne\\_karsten@town.brookline.ma.us](mailto:Lynne_karsten@town.brookline.ma.us)

*This publication is not to be considered an endorsement of any of the businesses or organizations listed.*

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Originally prepared by Heather Abe, April 2005

## Community Organizations

Name	Description	Hours of Operation	Contact Info	Accessibility to Public Transportation
<b>Brookline Adult and Community Education</b>	Various exercise and fitness classes for all adults. Classes are paid for in a block.	Day and Evening Classes	Room 101, Brookline High School 115 Greenough St. Brookline, MA 02445 (617) 730-2700 <a href="http://www.brooklineadulted.org">www.brooklineadulted.org</a>	Classes held at various locations
<b>Brookline Recreation Department</b>	Exercise, fitness, swimming, recreational sports and other programs throughout Brookline. Classes are paid for in a block.	Day and Evening Classes	Eliot Recreation Center 133 Eliot Street Chestnut Hill, MA 02467 (617) 730-2069 <a href="http://www.townofbrooklinemass.com/recreation">www.townofbrooklinemass.com/recreation</a>	Various locations
<b>Brookline Senior Center</b>	Exercise and dance classes, walking groups for senior citizens.	Mon- Fri 8:30am-5:00 pm	93 Winchester Street Brookline, MA 02446 (617) 730-2770	Green "C" Line Summit Ave
<b>Brookline Special Olympics</b>	Local annual Special Olympics and other sports activities. See contact information.	Varies	Contact the Recreation Department (617) 730-2069 <a href="http://www.townofbrooklinemass.com/recreation">www.townofbrooklinemass.com/recreation</a> or <a href="mailto:grboston@specialolympicsma.org">grboston@specialolympicsma.org</a>	Various locations

## Dance

Name	Programs/ Equipment	Population/ Average Class Size	Cost & Discounts	Hours of Operation	Contact Info	Accessibility to Public Transportation
<b>Brookline Academy of Dance</b>	Ballet, Tap, Jazz, Ethnic	Children & Adults	Per Classes, Block, and Unlimited	Open 7 days a week in the afternoon & evening	136 Westbourne Terr Brookline, MA 02446 (617) 277-1139 www.brooklineacademy.com	Green "C" Line Washington Sq. or 66 Bus
<b>Dancesport Academy New England</b>	Ballroom Dancing	Children & Adults Avg Class Size: 5-30	Per Class and Block of Classes	Sun-Thurs 1pm – 10pm Friday Closed Sat Evening Social Event	384 Harvard St. Brookline, MA 02446 (617) 566-7850 www.dancesport-newengland.com	Green "C" Line Coolidge Corner
<b>Jean Paige School of Dance</b>	Ballet	Children & Adults Max Class Size: 13	Tuition for School Year	Weekdays 12-8:00 pm Saturday 9-2:00 pm	1485 Beacon St. Brookline, MA 02446 (617) 277-4161 www.jeanpaige.com	Green "C" Line Washington Square
<b>Peanut Butter &amp; Jelly Dance Company</b>	Creative Movement classes/Dance Performance experience for children	Children Ages 3 – 10 Rare adult Classes Max. class size 15	Tuition fee per session of 8-12 classes, fees vary Some scholarships	Monday-Thursday 3-5:30 pm Late Afternoon	Classes take place at: Church Of Our Savior 25 Monmouth Street Brookline, MA 02446 (617)738-7688 www.pbjdanceco.org	Green "C" Line Hawes Street, Green "D" Line Longwood Ave.

*See also: Community Organizations*

## Health & Fitness Centers

Name	Programs/ Equipment	Population/ Capacity/ Average Class Size	Cost & Discounts	Hours of Operation	Contact Info	Accessibility to Public Transportation
<b>Beacon Hill Athletic Clubs</b>	General Exercise Equipment and Classes- Yoga, Pilates, Strength Training, General Exercise	Men & Women Capacity: 150-200 Avg Class Size: 8-12	Enrollment Fee + Monthly Fee *Check for specials	Mon-Thurs 6am - 10pm Friday 6am - 9pm Saturday 8am - 7pm Sunday 8am - 7pm	279 Washington St. Brookline, MA 02445 (617) 277-8600 <a href="http://www.beaconhillathleticclubs.com/brookline.html">www.beaconhillathleticclubs.com/brookline.html</a>	Green "D" Line Brookline Village
<b>B.E. Training And Fitness, Inc.</b>	Mobile Fitness Services Cardio training Strength training Marathon training	Men & Women Kids & Teens Individual or group	Free 1-hour consult Pricing by session or package	Flexible 7 days a Week By appointment	Beth Erlichman (617) 823-1032 <a href="http://www.gobefit.com">www.gobefit.com</a> <a href="mailto:beth@gobefit.com">beth@gobefit.com</a>	Mobile services
<b>Commonwealth Sports Club</b>	Pilates, yoga, Spinning, Boxing , Weight training & Cardio equipment	Men & Women Over 18 Avg Class Size: 10+	Many membership options. Students, seniors and corporate discounts	Mon-Fri 5:30am – 10pm Saturday 8am – 7 pm Sunday 8am – 7pm	1079 Commonwealth Avenue Boston, MA 02215 617-254-1711 <a href="mailto:membership@commonwealthsportsclub.com">membership@commonwealthsportsclub.com</a>	Green Line "B" Packards Corner
<b>Coolidge Corner Gym</b>	Weight Training & Cardio equipment Personal training Mssage therapy	Men & Women Capacity: 75	No enrollment Fee Annual membership or month to month (Off peak rates available)	Mon-Thurs 6am - 10pm Friday 6am - 9pm Saturday 7:30am - 7pm Sunday 7:30am - 6pm	310 Harvard St. Brookline, MA 02446 (617) 566-1155 <a href="http://www.coolidgecornergym.com">www.coolidgecornergym.com</a>	Green Line "C " Coolidge Corner or 66 bus
<b>Fitness Together</b>	General Exercise Equipment, 1 on 1 with a personal trainer	Men and Women Capacity: 3	No Enrollment Fee, Pay for a block of sessions	Mon-Fri 6am - 9pm Saturday 6am - 5pm Sunday Closed	1404a Beacon St. Brookline, MA 02446 (617) 232-2297	Green "C " Line Summit Ave
<b>Fitness Unlimited</b>	General Exercise Equipment and Classes- Yoga, Pilates, Cardio, Weight Training	Women Avg Class Size: 15-30	Enrollment + Monthly Fee or Block of Months Discount for Seniors & College Student	Mon-Thurs 5:45am - 9:30pm Friday 5:45am - 9pm Saturday 8am - 5pm Sunday 8am - 5pm	62 (rear) Harvard St. Brookline, MA 02445 (617) 232-7440 <a href="http://www.fitnessunlimited.com">www.fitnessunlimited.com</a>	Green Line "D" Brookline Village 66 Bus
<b>HealthWorks Chestnut Hill</b>	General Exercise Equipment and Classes- Yoga, Pilates, Strength Training	Women Capacity: 100 Avg Class Size: 15-30	Enrollment + Monthly Fee, Discounts for seniors, college students, and certain corporate employees	Mon-Friday 5:30am-10:00pm Sat & Sun 7:30am - 8pm	1300 Boylston Street Chestnut Hill, MA 02467 (617) 383-6100 <a href="http://www.healthworksfitness.com">www.healthworksfitness.com</a>	60 Bus
<b>Rogerson Fitness First</b>	Strength training for daily living	Seniors	Initial Assessment + Monthly Fee	By Appointment	93 Winchester Street Brookline, MA 02446 (617) 730-2741 Sharon Devine	Green "C" Line Summit Ave

Name	Programs/ Equipment	Population/ Average Class Size	Cost & Discounts	Hours of Operation	Contact Info	Accessibility to Public Transportation
Wellness, Inc.	Playful exercise and wellness routines for young children. Linked to the "President's Challenge Fitness Program."	3 to 10 year olds accompanied by adults	Free downloads, plus Wellness Workshops for parents, schools and therapists	Mon-Fri      9am – 4pm	(617) 713-0949 <a href="http://www.alphabetfitness.org">www.alphabetfitness.org</a> <a href="http://www.wellness-inc.com">www.wellness-inc.com</a> <a href="http://www.wellnesskids.com">www.wellnesskids.com</a> dralphabet@alphabetfitness.org	Online program

## Martial Arts

Name	Programs/ Equipment	Population/ Average Class Size	Cost & Discounts	Hours of Operation		Contact Info	Accessibility to Public Transportation
<b>Boston Karate Club</b>	Shotokan Karate	Men & Women	Enrollment Fee + Monthly Fee Discounts for Children & College Students	Tues & Thurs Saturday	Evening Morning	17 Station Street Brookline, MA 02445 (617) 730-5757 <a href="http://www.yogainthevillage.com/bkc/about.html">www.yogainthevillage.com/bkc/about.html</a>	Green "D " Line Brookline Village
<b>The Boston School of Boabom</b>	Boabom, Seamm Jasani	Men & Women & Children	Pay Monthly 20% Discounts for Seniors, Full time students, Families	Weekdays Saturdays	After 6 PM All Day	33a Harvard Street, Suite 201 Brookline, MA 02445 617-480-8237 <a href="http://www.bostonboabom.com">www.bostonboabom.com</a> <a href="mailto:info@bostonboabom.com">info@bostonboabom.com</a>	Green "D " Line Brookline Village
<b>Brookline Tai Chi</b>	Tai Chi, Chi Gung, Ba Gua	Men & Women Avg Class Size: 5-15	Pay Per Group of Classes Discounts for Family, Senior, Student, Disability, Veteran	Weekdays Saturday, Sunday	Day and Evening Morning and Afternoon	1615 Beacon Street Brookline, MA 02446 (617) 277-2975 <a href="http://www.brooklinetaichi.com">www.brooklinetaichi.com</a> <a href="mailto:website@brooklinetaichi.com">website@brooklinetaichi.com</a>	Green "C " Line Washington Square
<b>Japan Karate Association of Boston</b>	Shotokan Karate	Men & Women Avg Class Size: 12-25	Membership fee, Pay by month, week, or per class	Weekdays Saturday, Sunday	Evening Morning	310 Harvard St, 2 <sup>nd</sup> floor Brookline, MA 02446 (617) 566-2966 <a href="http://www.jkaboston.com/">www.jkaboston.com/</a>	Green "C " Line Coolidge Corner

*See also: Community Organizations*

## Sports Programs\*

Name	Programs	Population	Cost	Contact Info
Brookline Recreation Department	Aerobics, Dance, Golf, Skiing, Swimming, and Tennis Lessons	Adults and Children	Varies	Eliot Recreation Center 133 Eliot Street Chestnut Hill, MA 02467 (617) 730-2069 <a href="http://www.townofbrooklinemass.com/recreation">www.townofbrooklinemass.com/recreation</a>
	Lap Swimming and Aquatic Exercise	Adults 17+	Varies	Brookline Swimming Pool 60 Tappan St. Brookline, MA 02446 (617) 713-5435 <a href="http://www.townofbrooklinemass.com/recreation/Swimming.html">www.townofbrooklinemass.com/recreation/Swimming.html</a>
	Open Gym and Skating Rink	Adults and Children	Varies	<a href="http://www.townofbrooklinemass.com/recreation">www.townofbrooklinemass.com/recreation</a>
	Tennis Courts	Adults and Children	Varies depending on court	<a href="http://www.townofbrooklinemass.com/recreation/tennis courts.html">www.townofbrooklinemass.com/recreation/tennis courts.html</a>
Putterham Meadows Golf Club	Golf Course	Adults and Teens	Varies	1281 W. Roxbury Pkwy Chestnut Hill, MA 02467 (617) 730-2078 <a href="http://www.brooklinegolf.com/">www.brooklinegolf.com/</a>
<i>See also: Community Organizations</i>				
*Excludes school-sponsored organized sports. For more information contact local schools.				



## Sports Teams\*

Name	Programs	Population	Cost	Contact Info
Brookline Recreation Department	Children's Team Sports: Basketball, Baseball, Lacrosse, Soccer, Softball, Swim Team	Boys and Girls	Varies	Eliot Recreation Center 133 Eliot Street Chestnut Hill, MA 02467 (617) 730-2069 <a href="http://www.townofbrooklinemass.com/recreation">www.townofbrooklinemass.com/recreation</a>
	Adult Team Sports: Softball (Men), Hockey (Co-Ed),	Adults	Varies	
Brookline/Jamaica Plain Pop Warner Football	Football and Cheerleading	Boys and Girls 7 –1 5	Varies	Call Recreation Department for contact information (617) 730-2069 <a href="http://www.townofbrooklinemass.com/recreation">www.townofbrooklinemass.com/recreation</a>
Brookline Soccer Club	Soccer	Boys and Girls 9 - 18	Varies	P.O. Box 566 Brookline MA 02446 <a href="http://www.brooklinesoccer.org/">www.brooklinesoccer.org/</a>
Brookline Youth Baseball	Baseball	Boys and Girls 7 - 15	Varies	<a href="http://www.brooklineyouthbaseball.org/">http://www.brooklineyouthbaseball.org/</a>
Brookline Youth Hockey	Hockey	Boys and Girls 6 - 18	Varies	P.O. Box 67371 Chestnut Hill, MA 02467-0004 <a href="http://www.brooklineyouthhockey.org">www.brooklineyouthhockey.org</a>
Men's Hockey League	Hockey	Adult Men	Varies	Call Recreation Department for contact information (617) 730-2069 <a href="http://www.townofbrooklinemass.com/recreation">www.townofbrooklinemass.com/recreation</a>
Viking Soccer	Soccer, T-ball	Adults and Children Pre-K & K	Varies	Viking Sports Camps 258 Harvard Street #365 Brookline, MA 02446 <a href="http://www.vikingcamps.net/camps/">www.vikingcamps.net/camps/</a>

*See also: Community Organizations*

\*Excludes school-sponsored organized sports. For more information contact local schools.

## Summer and Vacation Camps

Name	Programs	Population	Cost	Contact Info
Beaver Country Day School Summer Programs	Summer Soccer and Extreme Sports Camps, Day Camps, Outdoor Explorations	Boys and Girls Ages 3-15	Varies	Beaver Summer Programs 791 Hammond St. Chestnut Hill, MA 02467 (617) 738-2750 <a href="http://www.bcdschool.org/summer/launch/camp@bcdschool.org">www.bcdschool.org/summer/launch/camp@bcdschool.org</a>
Dexter School Southfield School Summer Camps	Sports Camps, Day and Overnight Camps	Boys and Girls 7 - 14	Varies	20 Newton St. Brookline, MA 02445 (617) 454 2725 <a href="http://www.dexter.org/summer">www.dexter.org/summer</a> summer@dexter.org
Summer@Park	Day Camps, Sport Camps and Specialty Programs	Boys and Girls 5 - 14	Varies	The Park School 171 Goddard Ave Brookline, MA 02445 (617) 274-6024 <a href="http://www.parkschool.org/summer">www.parkschool.org/summer</a> summerprograms@parkschool.org
Viking Sports Camps	Soccer, T-ball, Basketball, After school programs, Summer Camps	Adults and Children	Varies	258 Harvard Street, #365 Brookline, MA 02446 (508) 358-5066 <a href="http://www.vikingcamps.net/">www.vikingcamps.net/</a> info@vikingcamps.net

*See also: Community Organizations*

\*Excludes school-sponsored organized sports. For more information contact local schools.

## Yoga and Pilates

Name	Programs/Equipment	Population/ Average Class Size	Cost	Hours of Operation	Contact Info	Accessibility to Public Transportation
<b>Baron Baptiste Power Yoga</b>	Yoga classes in heated room	All ages and fitness levels (children need adult consent). Class size varies. Average: 40 students	Single class or 10-class discounted pass	Mon-Sun 6am-9pm (schedules available on website)	25 Harvard Street Brookline, MA 02445 617-232-9642 <a href="http://www.baronbaptiste.com">www.baronbaptiste.com</a> <a href="mailto:info@baronbaptiste.com">info@baronbaptiste.com</a>	Green "D" Line Brookline Village or 66 Bus
<b>Bodycares</b>	Yoga Therapy	Men & Women Max Class Size: 5	Consultation Fee + Per Class or Block of Classes	Mon, Tues, Fri    Afternoon Saturday           Morning	124 Harvard St., Suite 17 Brookline, MA 02446 (617) 278-9044 <a href="http://www.bodycares.com">www.bodycares.com</a> <a href="mailto:info@bodycares.com">info@bodycares.com</a>	Green "D " Line Brookline Village or 66 Bus
<b>Dahn Yoga and Healing Center</b>	Yoga	Men & Women Max Class Size: 14	Short and long-term Memberships	Mon-Fri            Morning and Sat                   Evening Morning and Afternoon	235 Harvard St Brookline, MA 02445 (617) 264-4851 <a href="http://www.dahnyoga.com">www.dahnyoga.com</a> <a href="mailto:brooklinedahn@yahoo.com">brooklinedahn@yahoo.com</a>	Green "D " Line Brookline Village or 66 Bus
<b>Inner Space</b>	Yoga, Pilates, Karate and Capoeira	Adults and Children	Discounted 10-class cards or drop-in (start any time)  Discounts for students, seniors, Town employees, Coolidge Theater	Classes in the morning, evening, and weekend	17 Station Street Brookline, MA 02445 (617) 730-5757 <a href="http://www.yogainthevillage.com">www.yogainthevillage.com</a> <a href="mailto:bkcsprit@mac.com">bkcsprit@mac.com</a>	Green "D " Line Brookline Village Or 66 bus
<b>Isis Maternity</b>	Yoga and Fitness Classes	Mothers Avg Class Size: 8- 12	Single or 10-class pass	Classes during the day, evening, and weekend	Two Brookline Place Brookline, MA 02445 (781) 429-1599 <a href="http://www.isismaternity.com">www.isismaternity.com</a>	Green "D " Line Brookline Village or 66 or 60 Bus
<b>Iyengar Yoga at Manju's</b>	Iyengar Yoga	Men and Women Avg Class Size: 6-8	Drop-in or Session Rate	Classes weekdays in morning and evening	24 Somerset Rd. Brookline, MA 02445 <a href="http://manjuv@rcn.com">manjuv@rcn.com</a>	Green "D" Line Brookline Hills
<b>Lavinia Borcau Power Yoga Studio</b>	Yoga & Non-impact Yoga	Men & Women Avg Class Size: 5	Drop in and 10 Class, Student & Senior Discount	Classes in the morning, evening, and weekend	29 Harvard St Brookline, MA 02445 (617) 734-5523 <a href="mailto:info@laviniaborcau.com">info@laviniaborcau.com</a>	Green "D " Line Brookline Village or 66 Bus

<b>Studio Elle</b>	Pilates & Yoga (Private and Class)	Men & Women Avg Class Size: 1-4	Package rate or single classes	Classes in the morning, evening, and weekend	1318 Beacon Street, Suite 16 Brookline, MA 02446 (617) 975-0100 x5 <a href="http://www.studioelle.com">www.studioelle.com</a> pilates@studioelle.com	Green "C " Line Coolidge Corner
<b>The Body Center</b>	STOTT Pilates on mat and Pilates equipment	Men and Women Max. class size: 3	Varies. 20% quarterly discount for Brookline employees	By appointment	1 Holden Street Brookline,MA 02455 (617) 731-4227 (4ABS) info@thebodycenterpilates. com	Green "D" Line Brookline Village
<b>Yoga with Roni</b>	Yoga & Core class to complement yoga and strengthen abdominals.	Men & Women Teens; Avg Class Size 10 -12	Varies depending on # of classes per week	Classes during the day, evening and weekend	57 Waverly Street Brookline MA 02445 617-738-9561 ronibrissettetyoga@gmail.com.	Green "D" Line Brookline Village or 66 Bus
<p>There are many private yoga instructors in the area. Please consult the Yellow pages for a listing or <a href="http://www.yogajournal.com/directory/search.cfm?text=brookline">http://www.yogajournal.com/directory/search.cfm?text=brookline</a></p> <p><i>See also: Community Organizations</i></p>						

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